The world's largest global newspaper
metro®
OTTAWA • MONDAY JANUARY 11 2010 metronews.ca

FIRST WE BROUGHT YOU FREE NEWS.

NOW WE BRING YOU FREE REWARDS.



CLUB METRO WEEKLY REWARDS

INTRODUCING ONE OF THE GREATEST CLUBS SINCE "SANDWICH"

LOOK ON PAGE 15 FOR MORE METRO REWARDS!

IT'S AS EASY AS 1, 2, 3

Step 1: Join for free at clubmetro.com
Step 2: Check back each week for new contests and exclusive offers
Step 3: ...ok, there are actually only 2 steps

Watch for Club Metro ads in Metro or at clubmetro.com
As a member, you can also receive more information through Club Metro's newsletter.

Club Metro is a club for everyone.
It's easy to join and best of all membership is FREE!

YOU COULD WIN A TRIP FOR 2

TO THE MAYAN RIVIERA

at the Occidental Grand Xcaret!



JOIN THE CLUB TO REDEEM YOUR REWARDS!
Register for a free membership at **CLUBMETRO.COM**

For full contest details visit clubmetro.com

Teach English &
Get Paid to Explore the World
Columbia, Chile, Brazil, 101 Countries, Thailand, Germany, Spain, China, Peru, Laos, Egypt, Poland, etc., S.Korea, Japan, Mexico, Italy, Vietnam, Tanzania,
Free Teach Abroad Seminar
Tuesday Jan 12th @ 7 pm - 41 York St.
United TESOL International College of Teacher Training 562-8370 Jobs Guaranteed

The world's largest global newspaper
metro
OTTAWA • MONDAY, JANUARY 11, 2010 metronews.ca

Sleep Apnea?
We can help!
See how on Page 9
Sleep Therapy Management

Vancouver looks like Olympic city

VANCOUVER 2010 Games

GAMES Seemingly overnight, downtown Vancouver has morphed into an Olympic city.

Until recently, the visible signs like new venues and corporate signage had been fairly easy to overlook. After all, buildings look like buildings, billboards like billboards.

But anyone who was away for the holiday season has returned to a different look. Parking barriers have sprouted on major streets; temporary structures have popped up in parks and parking lots.

City spokeswoman Leslie Bolt said the downtown, despite years of construction, wasn't yet fully decked out.

"That's what's happening now. We're dressing up the city," said Bolt, pointing to plans to hang 6,000 Olympic banners.

TORSTAR NEWS SERVICE

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 2



Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.



• Today — Skiers could glide to Games podium, page 10

On the web
Visit metronews.ca for news updates

Show Dreamy dresses



TRACEY HONG/METRO OTTAWA

A model shows off a gown at the Wedding Palace Bridal Show downtown yesterday. While the recession slowed the wedding scene in the nation's capital in 2009, this year will be a big one for nuptials, experts predicted. About 5,000 people attended the show over the weekend. Story, page 2.

Grits do the shuffle

Premier set for pre-session moves

Premier Dalton McGuinty is poised to shuffle his cabinet as early as this week to put an energetic new face on a government girding for a politically difficult year.

Sources told the Toronto Star McGuinty wants to revamp his executive council soon to give the expected flood of new ministers time to learn their files before the legislature resumes Feb. 16.

Saddled with a $24.7-billion budget deficit and facing a potential backlash over the 13 per cent harmonized sales tax that takes effect July 1, the premier hopes to jolt his second-term administration.

"He wants to do it sooner than later. The premier is very decisive on this and feels it's important to get it done," said a senior official.

The recent departure of former deputy premier George Smitherman, who is running for mayor of Toronto in the Oct. 25 municipal election, was one trigger for the changes.

Gerry Phillips, a minister without portfolio, has been doing Smitherman's energy and infrastructure duties on an interim basis since Nov. 9.

With Municipal Affairs Minister Jim Watson expected to reveal this week if he will resign to seek the mayoralty of Ottawa, other dominoes could also start toppling for the premier.

What with the deficit, the HST woes and a belt-tightening budget in March, "This will be the most difficult shuffle he has ever had," said another top Liberal who spoke on condition of anonymity.

"But it's not necessarily the one that we'll go into the election (October 2011) with," he said, emphasizing more new faces could be added in the months ahead.

Although there has been some thought to delaying the shuffle until after the Feb. 4 Toronto Centre by-election so star Liberal candidate Glen Murray could immediately join cabinet, McGuinty is apparently concerned about blowback from such a move.

TORSTAR NEWS SERVICE

Activist group planning prorogation protest

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

A massive rally planned for Jan. 23 on Parliament Hill will call MPs back to work, two days before the House of Commons would have resumed, had Prime Minister Stephen Harper not prorogued Parliament.

Instead, the government will not be meeting until March. On Dec. 30, Harper announced Parliament would be on hiatus, when much of the media attention in Canada was focused on the men's Olympic hockey team.

Leonard Poole, a volunteer spokesperson for the Ottawa Chapter of Canadians Against Proroguing Parliament, said the low-key manner in which the prime minister announced he was proroguing Parliament seemed as if they were trying to hide that it was happening.

"Stephen Harper has an obligation to do his work and be held accountable for this work." Jesse Root, political science student

"What have they got to hide was the question that started to come up for a number of Canadians," said Poole. "I went on Facebook … and I noticed all these people feeling similarly as I do."

The Canadians Against Proroguing Parliament Facebook group has grown to more than 145,000 members. Rallies are planned for more than 30 other cities across Canada Jan. 23, but Poole said as the nation's capital, the rally here will have greater significance.

University of Ottawa political science student Jesse Root said the protest is intended to pressure MPs to return to work.

"Stephen Harper has an obligation to do his work and be held accountable for this work," said Root.

ShareYourViews
ottawaletters@metronews.ca



Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher: Bill McDonald

1 DOWNLOAD THE **FREE** SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA

Local



Free screening of Gould documentary

Starting today, music fans can pick up tickets to a free screening of the Ottawa première of an acclaimed documentary film on a world-renowned pianist who continues to captivate 27 years after his untimely death. Genius Within: The Inner Life of Glenn Gould — which premièred at the Toronto International Film Festival last year — will be screened at the National Arts Centre at 7:30 p.m. Feb. 3 with a brief Q-and-A with the co-directors after the showing. Tickets are limited to four per person and are available at the National Arts Centre's box office. METRO OTTAWA

Couples plan walks down aisle in '10

Year promises to be busy one for wedding industry as economic crisis eases

TRACEY TONG
tracey.tong@metronews.ca

As the nation's capital leaves the recession behind and looks to the future with more optimism, 2010 is ramping up as one of the busiest years for weddings in a long time, agreed the city's industry experts.

"In 2010, we are almost fully booked," said Stacey Price of Marry Me Productions. While 2009 was Samantha Moonsammy's "slowest wedding season ever," the creative director at Starfish Creative Events and Inspiration also said "more people will decide to go ahead and get married in 2010."

"Ottawa is a big marrying town," she said. "There are 7,000-plus weddings here a year."

About 5,000 people attended the Wedding Palace Bridal Show at the Westin Hotel over the weekend. Held every January, the show caters to brides and grooms, many of whom are newly betrothed.

Trends

- In 2010, trends include colour —"think bright jewel tones," said Stacey Price — and lots of flowers.

"The highest number of engagements happen in December," said show president Amanda Andrews.

The budget for the average Canadian wedding is about $27,500, Price said. One reason for the bigger budget is because brides and grooms are waiting to tie the knot — the average age of first-time brides and grooms has risen to between 27 and 30 years old, she said.

Brides and grooms who choose to get married in Ottawa are in luck — the National Capital Region is full of great venues and landmarks for photos, Price said.

"You can go to Parliament ... or go across the river to the Museum of Civilization," said wedding photographer Barb Cameron.

Engaged since 2007, Krista Atchison, 24, is most excited about "coming together as a family" with her fiancé, Jesse, and their son, Ethan.

While many weddings focus on "pomp and circumstance," it doesn't have to be that way, Moonsammy said.

"We can make it work on any budget. Weddings should be about love and relationships, and that doesn't cost anything."

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

Deadline Feb. 22 for students' city summer jobs

ONLINE Students looking for summer jobs can start applying online with the City of Ottawa today.

The city's Summer Student Employment Program offers youth an opportunity to gain work experience and insight into the world of municipal government.

Young people will get a glimpse into the realities of areas including building, roads, forestry and parks maintenance, bylaw services, library services, traffic and parking operations.

The deadline for applications is Feb. 22.

TIM WIECLAWSKI/METRO OTTAWA

metronews.ca
What's online today.

Immigration Guidy Mamann has advice for those who have allowed their visitor's status to expire at **metronews.ca/immigration**

Play free online Sudoku, updated daily

Lotteries

Friday, Jan. 8
Lotto Max: 08, 17, 21, 23, 24, 28, 39 Bonus 31
Saturday, Jan. 9
Lotto 6/49: 07, 09, 10, 27, 28, 40 Bonus 42
Sunday, Jan. 10
Ontario Pick 3: 4 4 0; **Ontario Pick 4:** 6 5 5 3
Encore: 5005646
Daily Keno: 5, 8, 11, 14, 15, 17, 18, 19, 21, 22, 25, 35, 43, 49, 51, 64, 65, 67, 68, 70.
These results are not official.

ADVERTISE TODAY!
1 888 91 metro (63876)

Olympic quarter **Klassen's minted**



TIM WIECLAWSKI/METRO OTTAWA

Russell resident Ian Campbell, 11, left, and Ryan Puddicombe, 10, of Blackburn Hamlet, at the Mint Boutique yesterday, show off the Royal Canadian Mint's new 25-cent coin celebrating speedskater Cindy Klassen's five medals at the 2006 Turin Games. Twenty-two million of the coins were released into circulation on Jan. 5. The Klassen coin is the 15th in a series of 17 commemorative Olympic coins.

Name changes for Constellation Cres.?

Make way for Gemini Way.

Tomorrow, the city's planning committee will consider renaming a section of Constellation Crescent that runs parallel to Baseline Road in the Centrepointe area, to Gemini Way.

As a result of a new intersection designed to ease access to Baseline Road, Constellation Crescent has been divided into two segments.

The name change would turn the remaining part of Constellation Crescent into Constellation Drive.

Gemini was chosen because it jives with the galaxy theme initiated with "Constellation."

According to a city staff report, no property owners would be impacted by the creation of Gemini Way.

There are only two other buildings with addresses on the other section of Constellation Crescent. A federal building at 2 Constellation and the city's administrative building at 100 Constellation would have to change to the suffix "Drive" on their stationery.

TIM WIECLAWSKI/METRO OTTAWA

m.metronews.ca

Scan this barcode for more Local news on your smartphone.
Learn how to scan the barcode with the instructions at the top of this page.

Police seek man, truck after believed abduction attempt of 12-year-old girl

Ottawa police are investigating the report of a suspicious incident after a man approached a 12-year-old girl in Navan last Thursday.

Police said at 7 a.m., a girl was waiting for a school bus at Henn Drive and Loeper Street when an older model red extended cab pickup truck with rust over the wheel wells stopped at the intersection.

A male wearing a balaclava exited the truck and told the girl to get into his vehicle.

The girl became frightened and ran to a friend's house. The male did not pursue and drove off down Colonial Drive in an unknown direction.

Police are seeking an English-speaking white male, 40 to 50 years old with a medium build. Anyone with information is asked to contact the sexual assault/child abuse unit at 613-236-1222 ext. 5944 or Crime Stoppers at 613-233-8477 (TIPS).

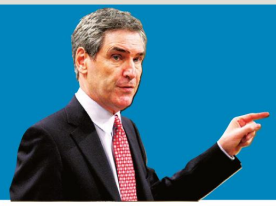
TRACEY TONG/METRO OTTAWA

New year IN A New City!
Bearskin Airlines
Let the Bear take you there!
Call 1-800-465-2327 or book online at www.bearskinairlines.com

KITCHENER-WATERLOO FROM $114 ONE WAY!
Now that the holidays are over, why not visit that special someone who you failed to connect with? There is no faster way to get there and *right now* is the best time to save!
Every day and every destination is on sale for travel ending February 28th, but our best value fares are for travel every day between January 7-17 and each Tuesday, Wednesday and Saturday through February 28, 2010.
IT'S ABOUT TIME!
Region of Waterloo INTERNATIONAL AIRPORT
aeroplan Rewarding Life FOR 25 YEARS
Actual discounts vary by city served. Maximum savings 70% off full one way fares on select days. Waterloo fares are one way. Round trip travel and Saturday night stay are required. Call for full details!

Canadian gets reprieve from death sentence in Saudi Arabia
A Montreal man who was sentenced to die by decapitation in Saudi Arabia for his role in a fatal schoolyard brawl three years ago has received a reprieve in the form of a retrial. Saudi Arabia's highest court earlier this week revoked the death sentence against Mohamed Kohail. THE CANADIAN PRESS

Canada



Liberals use ads to bash Tories

Michael Ignatieff, left, and the Liberals are going on the offensive, rolling out ads that take straight aim at the Harper government's decision to put Parliament on ice until March. The move signals the Liberals are ready to borrow a page from the Conservative play book — running advertisements designed to raise doubts in the minds of voters. A print ad features a sign hung outside Parliament Hill with the words, "Closed out of self-interest." THE CANADIAN PRESS

Short parliaments a thing of the past

If Canadians are piqued about the prorogation of Parliament, it might be because they're not looking back to the days of steam train and buggy travel for their comparison, as the prime minister appears to be.

Prime Minister Stephen Harper shrugs off his decision to put an end to a messy parliamentary session as a "routine" matter.

Harper's officials have argued that historically the average parliamentary session has lasted 109 sitting days, while the one that just ended lasted 128 days.

True, in the 144 parliamentary sessions since Confederation in 1867, MPs in the Commons have logged an average of about 105 sitting days per session.

But perhaps a more relevant comparison might be the average parliamentary session in the modern era — or, say, the prime minister's lifetime.

Harper is 50 and in that time, airline travel has made it easier for MPs to travel from a riding to Ottawa to sit in the legislature. In the 39 parliamentary sessions over the last 50 years, the average parliamentary session for MPs sitting in the Commons lasted 173 days.

Harper brought down that average with his 13-day session in 2008 after he prorogued Parliament when the opposition united and threatened to bring down the government.

TORSTAR NEWS SERVICE

11-day session

- In the past 50 years there was one other similarly short 11-day session. In 1988, the government of Brian Mulroney summoned Parliament briefly after the election to ratify the Free Trade Agreement.

m.metronews.ca

SCANLIFE

Scott Thompson talks hitting "rock bottom" and beating cancer on the road to Kids in the Hall reunion. Scan this code for the full story.

Halifax **Oh Canada**



ANDREW VAUGHAN/THE CANADIAN PRESS

Rapper Classified, from Enfield, N.S., shoots a video for his song, Oh Canada, from his 2009 album, Self Explanatory, in downtown Halifax yesterday.

News in brief

GAMES Canadians appear to really dig FarmVille — an online farming simulation that boasts more than 73.8 million daily users worldwide just six months after it was launched. Canada is the sixth biggest country in terms of the number of visitors to FarmVille. THE CANADIAN PRESS

Can you name your Canadian Olympians?

ATHLETES Only seven of 50 people interviewed by Metro in Vancouver over two days were able to name five Canadian Winter Olympic athletes.

Valid responses included athletes who have already qualified as well as those contending to make Canada's Olympic Team, which will be announced Jan. 29. The only catch is that responders were limited to naming only one athlete from the men's ice hockey team.

The most-often named Winter Olympian was Vancouver Canucks goalie Roberto Luongo. Pittsburgh Penguins centre Sidney Crosby and speedskater Jeremy Wotherspoon shared the runner-up spot with five mentions each.

STIG NIELSEN/FOR METRO CANADA



OVER 70% SOLD

HEART & STROKE LOTTERY

1 IN 3*

BEST ODDS EVER

10 GRAND PRIZES

NEW!

TOP GRAND PRIZE

$1.5 MILLION

PLUS

CASH, CAR & TRIP GRAND PRIZES

MILLIONS IN VEHICLES, CASH, ELECTRONICS & MORE

OR

CASH

SAVE $50
3 TICKETS FOR $250
OR $100 EACH

416-661-1511
Ext. 700

HEART & STROKE FOUNDATION OF ONTARIO
Finding answers. For life.

NEW! ORDER ONLINE www.heartandstroke.ca/lottery

Please help support life-saving Heart and Stroke Foundation research.

PICK UP YOUR BROCHURES AT:

ST. CLAIR NISSAN

CRAIG TRAVEL 1-800-387-8890 • www.craigtravel.com

Scotiabank

*Please refer to full brochure for cash outs, prize details, ticket issuing and draw information. Odds of winning are approx. 1 in 3. All inquiries on the odds of winning are to be made to the licensee prior to ticket purchase. Only 240,000 tickets are available. Purchasers must be at least 18 years of age. 68,789 prizes at a value of $10,636,532 (including all taxes and freight) will be awarded. Early bird sales deadline is February 4th, 2010. Final sales deadline is February 9th, 2010. On March 16th, 2010 an advertisement will be placed in the Toronto Star announcing all major winners. A complete list of winners will also be available at www.heartandstroke.ca/lottery. © Bank of Canada – bank note images used and altered with permission. Lottery Licence #: 2073

Pay up or face suit: N.B. premier

New Brunswick Premier Shawn Graham gave Ottawa an ultimatum — cover cost overruns on the Point Lepreau nuclear power plant or face a suit. THE CANADIAN PRESS

Saving Nortel was long shot: Manley

Ex-director says company faced 'perfect storm'

Nearly a year ago, Nortel Networks Corp. imploded under mounting losses, falling sales and big debts, and while many have rushed to point fingers, a former director says that saving the iconic Canadian technology company was always a long shot.

"We were in a perfect storm," John Manley said in an interview, recalling the final months of 2008 when he was serving as director, just before Nortel filed for bankruptcy protection.

"I think all of us maintained hope (for the company), until the sales collapsed in the autumn of 2008. We always knew it was a long shot."

Agreement

- The Ontario Superior Court and a U.S. bankruptcy court approved a deal Wednesday to sell Nortel's carrier voice-over-Internet protocol and applications solutions business to Genband Inc. for $282 million US.

It was the morning of Jan. 14, 2009, when news first broke that Nortel would file for bankruptcy protection from creditors in both North American and European courts, but the problems began years earlier, and only mounted over time, Manley recalls.

A former federal Liberal finance minister, Manley started at the company in 2004, stepping into the role of director after CEO Frank Dunn and various board members were fired over accounting issues.

Left behind were a long list of financial troubles and legal disputes that Manley and the company's other new leaders had to wade through.

"I think the first year on the board we had over 50 meetings, and we were spending all of our time dealing with the accounting scandal, dealing with class action lawsuits, dealing with the past," Manley said.

THE CANADIAN PRESS

Alberta **Tearful time**



JOHN ULAN/THE CANADIAN PRESS

Anna Miok, centre, is supported by family as she kisses and hugs a photograph of her son, former teacher and reservist soldier Sgt. George Miok, as his body is carried out of Our Lady of Perpetual Help Catholic Church in Sherwood Park, Alta., on Saturday. Miok was killed Dec. 30, along with three other Canadian soldiers and a newspaper journalist from Calgary.

Health-care teams paying off: Journal

ONTARIO Ontario's push to have family doctors work in collaborative teams with other health professionals is paying off financially for the physicians and is resulting in better patient care, according to the New England Journal of Medicine.

An article in the latest edition of the esteemed publication offers a glowing review of Ontario's move to create so-called family health teams, multi-disciplinary groups that provide more patient-centred care.

The average net income for Ontario family doctors who joined the teams increased about 40 per cent, from $180,000 in 2004 to $250,000 last year, "but it has not risen substantially in the fee-for-service sector," said the authors. The province has more than 700 doctors working in about 150 family health teams. THE CANADIAN PRESS

Cops still combing Ludwig's farm

SEARCH Wiebo Ludwig has been released from custody, but RCMP continue to search his sprawling Alberta farm for evidence in a half-dozen pipeline bombings over the last two years in northeastern B.C.

A woman at the Ludwig farm confirmed that dozens of Mounties are still searching the communal farm. Ludwig was visiting friends in the area and could not be reached for comment on what action he might be contemplating. THE CANADIAN PRESS

No serious injuries after powerful California quake
An offshore 6.5 magnitude earthquake rattled communities in northern California Saturday, cutting power to thousands of customers, causing minor damage to homes and businesses and forcing many people to seek treatment for cuts and bruises from falling debris. THE ASSOCIATED PRESS

World



Balloon dad changing his story

The father who orchestrated the balloon boy hoax is taking advantage of his final days of freedom by making rounds on news shows and saying that he is innocent. Authorities are not amused by Richard Heene's media blitz, and legal experts say he should be careful about thumbing his nose at the system. Heene, left, now says there was no hoax, even though he pleaded guilty and agreed to be sentenced to 90 days in jail. The interviews are pushing the boundaries of conditions of his probation that he not profit in any way from his newfound fame for four years. THE ASSOCIATED PRESS

New Jersey **Landing gear failure**



KATHY WILLENS/THE ASSOCIATED PRESS

A United Airlines Airbus sits at Newark Liberty International Airport after making an emergency landing yesterday. Landing gear problems were blamed. All 53 people aboard the flight from Chicago were safely evacuated, and no injuries were reported.

Pakistani violence on rise

Recent murders blamed on political infighting

Dozens of people have been killed in Pakistan's largest city including four found yesterday — three of them headless — in a wave of targeted attacks among rival political groups that some say is aimed at destabilizing the country's ruling coalition.

Political violence is common in Karachi, but the shootings and decapitations since Jan. 1 have terrorized parts of this teeming metropolis, prompting the government to send in paramilitary forces to restore order.

The political infighting comes at a time when the government is facing a raging Taliban-led insurgency that has spread to Karachi and killed more than 600 people across the country in the past three months.

The growing unrest in the financial capital threatens to spark further instability.

"We have found four bodies of our party workers today," said Faisal Sabzwari, a provincial lawmaker from the Muttahida Qaumi Movement, the strongest political party in Karachi and one dominated by the minority Mohajir ethnic group.

"Three of them were headless, and we found the heads later on," Sabzwari told The Associated Press.

Sabzwari blamed members of the ruling Pakistan People's Party for fuelling the violence, saying much of it was being carried out by thugs from Lyari Town, a poor area of Karachi and a PPP stronghold.

"They are the Lyari gang members and criminals who are killing our workers, and there are some elements within the ruling party who patronize them," he said.

Although both parties are members of the ruling coalition, they have a tense relationship and a history of conflict that dates back to the arrival of Mohajir immigrants from India after Pakistan gained independence in 1947.

Native Sindhis, who mostly support the ruling party, resented the Mohajirs' attempts to secure well-paying government jobs.

Pakistan's Interior Ministry said yesterday that 41 people have died in targeted killings in Karachi since the beginning of the year, including 10 MQM workers, 10 from a breakaway faction called Haqiqi, and 16 members of a committee set up by the ruling party in Lyari to control violence in the area. THE ASSOCIATED PRESS

m.metronews.ca
ScanLife
Unearthed tombs in Egypt shed light on how the labourers who built the pyramids lived. Scan this code for the full story.

News in brief

AFGHANISTAN An explosion outside a village in southern Afghanistan yesterday killed a U.S. Marine and a veteran war correspondent who became the first British journalist killed in the conflict, officials said. With the death of Sunday Mirror journalist Rupert Hamer, 18 reporters have been killed in Afghanistan — including a Canadian last month — since the U.S.-led 2001 invasion, according to figures kept by the New York-based Committee to Protect Journalists.

IRAN A parliamentary investigation made public yesterday found a former Tehran prosecutor responsible for the deaths of at least three anti-government protesters imprisoned in the turmoil following Iran's disputed June elections. Saeed Mortazavi was the capital's prosecutor responsible for Kahrizak prison at the time of the three prison deaths in July. Hundreds of protesters were detained amid massive street protests over an election the opposition claimed was fraudulent.

EUROPE Europeans were struggling to restore roads and railways yesterday after heavy snow caused hundreds of traffic accidents, halted flights from Germany and France, downed power lines in Poland and trapped more than 160 people overnight on a frozen German highway.

ITALY Pope Benedict XVI denounced the riots last week between immigrants and Italians in southern Italy, saying yesterday that migrants have rights, must be respected, and are equally loved by God. THE ASSOCIATED PRESS

Use of word leads to attacks

MALAYSIA Eight churches have been attacked over three days amid a dispute over the use of the word "Allah" by non-Muslims, sparking fresh political instability that is denting Malaysia's image as a moderate and stable Muslim-majority nation.

The unprecedented attacks have set off a wave of discontent among Malaysia's minority Christians and strained their ties with the majority Malay Muslims.

About nine per cent of Malaysia's 28 million people are Christian, most of whom are ethnic Chinese or Indian. Muslims make up 60 per cent of the population.

"It showed that, after 52 years of living together, nation building and national unity is in tatters," said Charles Santiago, an opposition member of Parliament.

"The church attacks shattered notions of Malaysia as a model secular Muslim nation in the eyes of the international community."
MP Charles Santiago

"The church attacks shattered notions of Malaysia as a model secular Muslim nation in the eyes of the international community.

Many Muslims are angry about a Dec. 31 High Court decision overturning a government ban on Roman Catholics' using "Allah" to refer to their God in the Malay-language edition of their main newspaper, the Herald. THE ASSOCIATED PRESS

Make Your Resolution a Reality!
Lose weight, **guaranteed**.
And...your first
15 lbs are **FREE!**†
Call for your free, no-obligation consultation
1-800-254-4895
†See in-store for details. Offer available until February 13, 2010.
Herbal Magic © 2010. All rights reserved.
Herbal Magic WEIGHT LOSS & NUTRITION CENTRES

REINVENT YOURSELF!
with a new look and attitude
Fitness Kickboxing and Martial Arts classes will help you get trim, firm up and feel great!
TRY US FOR FREE
DOUVRIS Martial Arts & Fitness Centers
Bank St. - Alymer - Stittsville/Kanata - Kemptville - Westboro
CALL NOW 613.234.5000 OR VISIT www.douvris.com

Getting greener electronics
The annual Consumer Electronics Show continued to put a spotlight on green products this year. For the best exhibitors offering green products visit cesweb.org. METRO NEWS SERVICES

Going Green



Eco golf balls

A water-soluble polymer used to make up the Eco Golf Ball is verified by microorganism testing to be non-toxic and does not restrain the growth of microorganisms and can be degraded totally. Order at eco-golfballs.com. METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

7 Green resolutions for 2010

January is the month of resolutions and the perfect time to dust off bad habits from the previous year. With the need to Go Green still going strong, Metro compiled a list of the top green tips for 2010.

This may mean you have to switch your luxury trip to the Maldives for a trip to the countryside… but at least it's in the interest of the planet.



PHOTOS.COM

Plant your own vegetables this year to help reduce the emissions cost of transporting food.

TRIM YOUR TRAVEL

Make 2010 the year of low carbon holidays. Rethink your choices carefully. Closer destinations will reduce your carbon footprint (whether you travel by train, plane boat or car) and could possibly end up being the cheapest option.

YOUR SHOPPING LIST

Buy organic food sources when possible, which are often better for your health as they are usually made using natural and non-processed sources. Cut down on your meat and dairy consumption and try making hearty meals using more fruit and vegetables.

At the till, use a re-usable cotton tote to carry your groceries home rather than a plastic bag. Feeling thirsty? Drink tap water instead of bottled, or invest in an aluminum bottle and water filter.

GREEN YOUR GARDEN

Gardens don't only come in handy for summer barbecues. Plant your own garden patch with vegetables and fruit that are easy to look after and great to cook with. Spuds such as potatoes, carrots and tomatoes are good choices.

Left over banana peels in the bin?

Add them to a compost heap.

CUT YOUR COMMUTE

Ride your bike or walk to work. Not only will you be doing more exercise but you will also be alleviating your finances by saving the money you would normally be spending on fuel or public transport.

REDESIGN YOUR HOME

Making your own cleaning products using soap, vinegar or lemon is a good start. Adapt your house to its natural environment and make the most of the wind, sun and rain surrounding it. If you live in a sunny region, switch to using renewable energy sources and install solar panels on your roof.

OUT OF OFFICE

Print pages only when you have to and if you do, try not print out endless copies of the same document to save paper. Also, remember to switch off your computer when you leave and turn off any other electrical equipment such as desk lights or space heaters.

SWITCH OFF LIGHTS

Don't forget to switch off all the lights in your house when you leave for work in the morning or when you go to bed at night. It's a tiny move that can make a big difference.

ROMINA MCGUINNESS/ METRO WORLD NEWS

Going Green in brief

CAR EMISSIONS Many cars put on weight without their owners realizing it. All sorts of things gradually accumulate inside, under the seats, in the glove box and in the trunk. Fifty kilograms of extra weight in the car will increase the fuel consumption by one or two per cent, so help your car lose its love handles, throw out the rubbish and reduce your emissions.

IDLING Don't idle. Any stop longer than 10 seconds will save you gas. The federal government's Office of Energy Efficiency says the average Canadian idles their car for five minutes a day, not counting warming it up on cold mornings. But cutting that out, you'll save about 101 kgs of greenhouse gas emissions.

BABY WIPES If you are a parent of a young child, chuck your baby wipes. Most contain propylene glycol, a derivative of natural gas and hormone-disrupting parabens.

METRO NEWS SERVICES

We're looking for
CANADA'S TOP 25 IMMIGRANTS!



Nominate your Top 25 Canadian Immigrants of 2010

Seeking to uncover and celebrate the stories and remarkable achievements of outstanding Canadian immigrants, this national people's choice award is the only one of its kind that recognizes individuals who've made a difference since their arrival in Canada.

If you know an immigrant who has made a positive impact – large or small – to the fabric of Canada, you can go online and nominate him or her today at canadianimmigrant.ca.

canadianimmigrant.ca

Presented by RBC | RBC Royal Bank® | In association with ROGERS™

Media Partners metro 星島日報

School of Part-time Studies
ALGONQUIN COLLEGE

FOR YOUR CONVENIENCE...
Algonquin Courses available Downtown

This winter, **Algonquin College's** School of Part-Time Studies offers French language courses during the week at our downtown location, 85 Albert Street, Suite 501. Also offered is the All-Digital Photo Safari.

Courses:

FLS5233F	FSL Beginner I
FLS5234F	FSL Beginner II
FLS5235F	FSL Intermediate I
FLS5237F	FSL Intermediate II
LAN0019F	FSL - Bilingualism Test, Oral Level B
LAN0020F	FSL - Bilingualism Test, Oral Level C
PHO5600	All Digital Photo Safari - Beginner Level
PHO5601	All-Digital Photo Safari - Beginner Level - Winterlude Nights

For information and to register for downtown courses visit ***algonquincollege.com/downtown***



algonquincollege.com/downtown

Canwest seeks newspaper selloffs 7

The cross-country newspaper chain run by Canwest Global Communications has fallen into the hands of the insolvent company's banks as it seeks to sell its big-city dailies. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Military takes look at robotic vehicles

Don't expect them to say "Hasta la vista, baby," but the robotic armoured vehicles and pilotless aircraft being developed by Canada's military scientists may one day be able to think for themselves.

The aim of the project by Canada's defence research branch, launched last fall, is to improve on the current generation of remote-controlled devices designed for the battlefield.

It may sound like something from the Terminator films, but defence scientists say what they're doing is a long way from the world envisioned by the science fiction action flicks that made California Gov. Arnold Schwarzenegger a household name.

Franklin Wong, who leads the project at Canadian Forces Base Valcartier, Que., says the vehicles under study are not meant for combat but rather surveillance.

"That's a very important capability that we're looking for," Wong said in a recent interview.

"Many of our projects (at Defence Research Canada) are geared towards the surveillance aspect."

The Canadian military currently employs Israeli-made Heron unmanned aerial vehicles (UAVs) to patrol bomb-infested roads and provide early warning of ambushes for troops on the ground in Afghanistan.

The Heron is capable of carrying weapons, but the Conservative government as recently as last spring turned down a request by the air force to install missiles on the drones that are controlled by pilots on the ground at a base station.

THE CANADIAN PRESS

Terminator

- In the four-movie Terminator franchise, humanity fights in a genocidal war waged by artificially intelligent robots. Some of Schwarzenegger's most memorable catch phrases — "Hasta la vista, baby" and "I'll be back" — came from his turn as one of the murderous cyborgs.

m.metronews.ca

SCANLIFE

Wireless charging, 3-D and Polaroid's comeback among the highlights of CES 2010. Scan this code for the full story.

China world's largest exporter

TRADE China overtook Germany as the world's top exporter after December exports jumped 17.7 per cent for their first increase in 14 months, data showed yesterday, in another sign of China's rise as a global economic force.

Exports for the last month of 2009 were $130.7 billion US, data from the General Administration of Customs showed. That raised total 2009 exports to $1.2 trillion, ahead of the $1.17 trillion for Germany forecast by its foreign trade organization, BGA.

China's new status is largely symbolic but reflects the ability of its resilient, low-cost manufacturers to keep selling abroad despite a slump in global consumer demand due to the financial crisis.

December's rebound was an "important turning point" for exporters, a customs agency economist, Huang Guohua, said on state television, CCTV.

"We can say that China's export enterprises have completely emerged from their all-time low in exports," Huang said.



ANDY WONG/THE ASSOCIATED PRESS

Vehicles drive in heavy traffic on a city highway in Beijing over the weekend. China overtook Germany as the world's top exporter after December exports jumped 17.7 per cent for their first increase in 14 months, data showed yesterday.

Stronger foreign sales of Chinese goods could help to drive the country's recovery after demand plunged in 2008, throwing millions of labourers out of work.

THE ASSOCIATED PRESS

Business in brief

SALE Investors battered shares of Arabtec Holding yesterday after the Dubai construction giant, which helped build the world's tallest tower, agreed to sell a controlling stake to a state-run investment fund in neighbouring Abu Dhabi. Arabtec shares plunged 6.9 per cent on the first full trading day since details of the deal with Aabar Investments became public.

TECHNOLOGY Canadian software company i4i says Microsoft Corp. filed a petition with the U.S. Court of Appeals Friday asking it to re-hear a patent-infringement case between the two companies. The move follows a Dec. 22 judgment by the court that upheld a $290-million US judgment THE ASSOCIATED PRESS

This year, save up to $500 on your home phone bills! Why Pay More? COMPARE!

Bell
Bell Home Phone Choice
$68.79
VoiceMail
Call Display
Call Waiting
Call Return
Three Way Calling
Call Forwarding
Includes
UNLIMITED Calling to Canada & U.S.A.

Rogers
Rogers Extra Value Plan
$41.31
VoiceMail
Call Display
Call Waiting
Call Return
Three Way Calling
Call Forwarding
Includes
1000 Minutes to Canada & U.S.A.

comwave
One-Rate Plan
$29.95
Includes
UNLIMITED Calling to Canada & U.S.A.
VoiceMail
Call Display
Call Waiting
Call Return
Three Way Calling
Call Forwarding
And Much More!
BONUS: 6 months FREE!!

HAPPY NEW YEAR!

Home Phone Lines
ALL FEATURES FREE!

Enhanced	Unlimited Canada	One-Rate	Global
$14.95/month	$19.95/month	$29.95/month	$39.95/month
UNLIMITED Local Calling	UNLIMITED Calling to Canada	UNLIMITED Calling to Canada & U.S.A.	UNLIMITED Calling to 25 countries!
All Features FREE	All Features FREE	All Features FREE	All Features FREE



Voicemail
Caller ID
Call Waiting
Call Forwarding
And Much More

LIMITED TIME OFFER
6 MONTHS FREE!
Satisfaction Guaranteed!
Keep Your Existing Phone Number!

comwave
613-216-6096
www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911The Global The Rates of $41.31/month and $68.79/month are as advertised on http://www.homephonechallenge.ca on Oct. 5 2009. Home Phone plan is limited to 3000 minutes per month. Excess minutes used will be billed at 3.99 cents per minute. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. One Rate plan does not include calls to the Yukon, Nunavut, N.W.T, Hawaii or Alaska. The rates are based on a 3 year term. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. Rate guarantee is based on competitors lowest advertised rate for like services. The 6 months free promotion does not apply to the Global Home Phone Plan.Limited to 3000 minutes per month. The rates are based on a 3 year term. 6 Months Free - You get 3 months free immediately upon activation of the service. Get an additional 3 months free if you transfer your existing Home Phone Line to Comwave within the first 3 months. Terms and conditions apply, see www.comwave.net for details

OTTAWA
Managing Editor, Tracey Tong
Sales Manager, Dara Mottahed
Distribution Manager, Bernie Horton

METRO CANADA
Group Publisher, Bill McDonald
Editor-in-Chief, Charlotte Empey
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Looking at how the other half drives



It's good to be back on the bus. I don't own a car and enjoy the ease of getting around on bus tickets and boot tread, leaving all the aggravation and waste (financial, environmental and health) of driving to those less fortunate than myself.

A few times a year, though, it makes sense to rent a car and remember what it's like behind the wheel. Over the holidays, family visits to northern Ontario presented just such an opportunity.

Although there were other options, I think we took the right one. Greyhound continued its holiday tradition of stranding the nieces and nephews in Sudbury without a bus back to Toronto. Air Canada treated my friend to an epic of delayed and oversold flights.

Our regular car rental place is friendly and convenient, located within walking distance.

It does, however, charge an extra $10 per day for snow tires. In Canada, in winter. What, no surcharge for seatbelts and airbags? I was tempted to tell them I only wanted them for one day. After that, they could come out to wherever we were and remove them.

I kid the car-bound, but I like driving on these trips. I like leaving when I want, stopping when I want, and just cruising down the highway, watching it all flash by.

But we needed the snow tires. The holiday traffic was no treat, though fellow drivers were mostly mindful of sometimes lousy conditions. Snow erased passing lanes and most of a jug of wiper fluid was sacrificed for only sporadic visibility. Multiple accidents on the Queensway welcomed us home.

It was profoundly satisfying to drop off the keys at the rental agent and walk away a free man again.

Even taking into account occasional bugs like the maintenance snafu that put a chunk of the bus fleet out of commission for last Monday's commute, as a passenger you can outsource most of the worry about getting where you're going.

It's nice to be just sitting back and enjoying the ride once again.

Steve Collins lives, writes and walks in Ottawa; ottawaletters@metronews.ca

Views

Exercise caution when battling the bulge



This time of year it seems as if someone is throwing diet and exercise information at us every time we turn around (which, by the way, burns .00324 calories).

In the past, it was generally accepted if you wanted to trim down, you simply had to eat less and exercise more. Nowadays, we can see the obvious flaw in this system. No one can make money from it.

Before you start shedding cash in order to shed pounds, here's what you need to know:

Home gym systems: Many experts say exercising at home can be fun and easy. We do not believe them, of course. However, if you are planning to buy home gym equipment, it's important to choose something that will suit your lifestyle in the long term. Ask yourself: "Will this elliptical trainer be good for hanging clothes on in March when I don't want to see it again?"

Gym memberships: Choosing a gym is all about location. I choose something near a doughnut shop. That way I can announce, "I'm going to the gym" as I head out for a French cruller. You may want to consider hiring a personal trainer, whose job is to make you hurt in every area of your body. If they wore leather boots, it would probably be illegal.

Exercise/diet books: Bookstore shelves are crammed with helpful titles such as Taylor Swift's Guide to Perfectly Toned Thighs ("Be 20 years old") or The Miracle of Losing Weight by Never Eating Again. Diet books can be very useful, but only if what you use them for is to strap them to your ankles on long walks.

My choice? This year, I think I'll try exercising my common sense instead of my credit card. Will I be thin in 2010? Maybe. But the advice I'm going with is this: "Life should not be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body; but rather to skid in sideways, chocolate in one hand, chai in the other, body totally worn out, screaming 'Woo hoo, what a ride!'"

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADDER

Tell us your views by email to ottawaletters@metronews.ca or comment on metronews.ca or on Twitter @metroottawa
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Ottawa 130 Slater Street, Suite 300, Ottawa, ON K1P 6E2; Tel: 613-236-5058 • 1-888-916-3876; Fax: 1-866-253-2024; Advertising: 613-236-5058 • adinfoottawa@metronews.ca; ottawa_distribution@metronews.ca

Have LASIK Now. Pay in 2011!
LASIK MD VISION
LASER VISION CORRECTION
Starting at
$490 TAX /eye*
$0 DOWN
$0 PAYMENTS
0% INTEREST
UNTIL JANUARY 2011†
Dr Pierre Demers M.D., FRCSC 40 000 procedures
Dr Avi Wallerstein M.D., FRCSC 50 000 procedures
Dr Ralph Zabel M.D., FRCSC 25,000 procedures
FREE Consultation: 1-877-769-3030 • www.lasikmd.com
OTTAWA: Chambers Building, 42 Elgin Street
Intralase SBK Available
Accord D Desjardins
* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only. † Subject to Desjardins Card Services credit approval. Patients must call to schedule their FREE consultation on or before January 18, 2010. Surgery must be completed on or before February 28, 2010. Applicable to Advanced Custom Wavefront treatment only.
Québec | Montréal | Kingston | Toronto | Hamilton | Waterloo | Calgary | Edmonton | Vancouver

Togo withdraws from tournament

Togo withdrew from a continent-wide soccer tournament and its players reluctantly left Angola yesterday, two days after a deadly ambush on the team bus killed three and injured eight. It took a call from Togo's president to persuade the players to leave the African Cup of Nations. THE ASSOCIATED PRESS

Sports



Chapman signs with Cincinnati

The Aroldis Chapman era in Toronto ended before it even began when the hard-throwing Cuban defector signed a reported five-year, $30-million US contract with the Cincinnati Reds. The signing ends speculation that has raged since July about where the free-agent southpaw would sign and just how much money he would make. The Blue Jays had reportedly offered Chapman $23 million over five years. TORSTAR NEWS SERVICE

EDITOR: DON.MCHOULL@METRONEWS.CA

Wishful thinking for soccer in 2010

It'sCalledFootball



Ben Rycroft

metronews.ca/itscalledfootball

Even when you lose, sometimes you win. The last year in Canadian soccer was just that. The men's national team bombed out of World Cup qualifying in spectacular fashion.

Don't be confused — it didn't deserve to win. In fact, by most accounts it played horribly. But out of that has come some good.

There finally seems to be an understanding and willingness among the upper levels of the Canadian Soccer Association to make the reform, on all levels, that is needed.

If the CSA is committed to change and truly making Canada world class when it comes to the beautiful game, then these are the stories I would like to read about in the year ahead:

CSA general secretary Peter Montopoli open hand slaps the heads of the provincial bodies.

If Canadian soccer is ever going to be able to act as a cohesive unit, Montopoli needs the support of the provinces. Too long have they been allowed to go their own way on things like fees, development and what's in the best interest of the game.

If the provinces aren't willing to follow, Montopoli and the like need to be firm about what they want and find ways to make them fall in line.

A good place to start would be with recognizing private academies.

The OSA grows a SAAC.

Whether it's the fear of being replaced by something more efficient or just personal politics at play, the Ontario Soccer Association and other governing bodies need to find a way past its concerns about recognizing the private development academies.

Groups like the Soccer Academy Alliance of Canada can offer a professional environment for our young players to learn in — and get the training that is sorely lacking.

I've been told that the OSA is now trying to find ways within its membership to allow for private academy sanctioning but there are still some clubs that are resistant to the idea. Montopoli: Use that firm hand.

Other stories, unrelated to the CSA, I'd like to read about in 2010:

Montreal Impact joins MLS.

Quebec government: Find a way to get the Impact their stadium funding.

Vancouver Whitecaps sell more players abroad.

The Caps sold Marcus Haber to English side West Brom last week — once again showing that theirs is the development model to follow in North America.

If they can continue to show the potential in such a system (if just from a profits standpoint), maybe, perhaps, someday MLS will come around to the idea.

Lastly, and purely from a selfish standpoint, I want to read: **Toronto FC makes MLS playoffs.**

In a city where there are no winners, a team that wasn't a loser would go a long way to selling the sport.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca

Sens can't solve Ward

NHL RESULTS

Senators 1 Hurricanes 4

VS

The Carolina Hurricanes aren't in position to be bashful.

After Rod Brind'Amour scored the winning goal in the Hurricanes' 4-1 victory over the Ottawa Senators yesterday, Carolina's players didn't shy away from calling their two consecutive victories a winning streak.

"I don't think we've had any all year," Brind'Amour said. "I can't remember the last one."

Tom Kostopoulos, Brett Carson and Eric Staal also scored to help Carolina win consecutive games for the first time since early December. Tomorrow night in Toronto, the Hurricanes will attempt to win three in a row for the first time this season.



KARL B DEBLAKER/THE ASSOCIATED PRESS

Carolina Hurricane forward Eric Staal slips the puck into the net past Ottawa Senators goalie Pascal Leclaire yesterday in Raleigh, N.C. The Hurricanes won 4-1.

Cam Ward made 31 saves, keeping Carolina in the game when Ottawa dominated the first period.

"If it wasn't for Cam Ward, it could've been 5-0 easily after the first," Kostopoulos said.

Chris Kelly scored for Ottawa, and Pascal LeClaire stopped 29 shots. The Senators, opening a five-game trip, have lost four in a row.

"We played very well the first half," Ottawa coach Cory Clouston said. "It made a difference with Ward — he was real good. It allowed them to get their game going."

THE ASSOCIATED PRESS

Ravens headed to Indy, Jets going to San Diego

It took a few extra minutes, but the lineup for the divisional round of the NFL playoffs is set.

The Arizona Cardinals beat the Green Bay Packers 51-45 in overtime yesterday on Karlos Dansby's 17-yard fumble return for a touchdown to round out the field. Earlier, the Baltimore Ravens routed the Patriots 33-14.

Arizona (11-6) will face the NFC's top seed, the Saints (13-3), in New Orleans Saturday. The reward for Baltimore (10-7) is playing the AFC's top seed, taking on the Colts (14-2) later Saturday in Indianapolis.

The Ravens' win at New England sends the Jets to San Diego. A Cowboys-Vikings matchup in Minnesota already was set after Dallas won Saturday night. THE ASSOCIATED PRESS

m.metronews.ca

ScanLife

Solid QB play and strong defence prove to be the winning formula for the Dallas Cowboys. Scan this code for the full story.

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Carolina 4 OTTAWA 1
Tampa Bay 4 New Jersey 2
Columbus 2 Dallas 0
Anaheim 3 Chicago 1

NBA

YESTERDAY'S RESULTS

Boston 114 Toronto 107
New Orleans 115 Washington 110
L.A. Clippers 94 Miami 84
San Antonio 97 New Jersey 85
Cleveland at Portland
Milwaukee at L.A. Lakers

NFL PLAYOFFS

YESTERDAY'S RESULTS

AFC

Baltimore 33 New England 14

NFC

Arizona 51 Green Bay 45 (OT)

SATURDAY'S GAMES

AFC

N.Y. Jets 24 Cincinnati 14

NFC

Dallas 34 Philadelphia 14

Did you know that…
not treating your Obstructive Sleep Apnea can lead to numerous health issues:

• High blood pressure
• Significantly increases the likelihood of heart failure
Up to 70% of heart failure patients have OSA
• Chronic fatigue, which can lead to a decrease in energy and therefore obesity

WWW.SLEEPTHERAPYMANAGEMENT.CA

Sleep Therapy Management
Your Sleep, Your Health

Call us for more information
We can help!

CENTRAL 1935 Bank Street, Suite 6 | 613-526-9841
KANATA 308 Palladium Drive, Suite 105 | 613-599-5800

Olympics seen as money loser for NBC

NBC Universal says it expects to lose money on the upcoming Winter Olympics in Vancouver. NBC Sports chief Dick Ebersol says advertising sales for the Games have picked up over the past few months, but not enough to cover the fees NBC is paying. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

McIvor leads Canadian charge

B.C. native wins gold, two teammates take silver at World Cup skicross event

Ashleigh McIvor won gold to help Canada to a three-medal day at a World Cup skicross event yesterday.

McIvor finished ahead of teammate Julia Murray in the women's final. Canada's Stanley Hayer added a silver in the men's event.

"What was nice about today's win was I didn't advance because someone crashed," McIvor said. "It was all good strong starts and good strong skiing.

"It was really nice to come back to Les Contamines and finally race some air and some off camber doubles with good terrain and good flow. It's one of those courses that when you get to the bottom, you want to go do it again."

With the victory, McIvor rose to second in the overall standings with 247 points. Six-time overall World Cup champ Ophelie David of France was fourth to retain the overall lead with 290 points.

Olympic debut

- Skicross, which features a mass start and head-to-head racing on a course with turns, bumps, jumps and rolls, will make its Olympic debut next month at the Vancouver Games.

"I was kind of in shock when my teammate and I were in first and second," Murray said. "I was really excited."

McIvor and Murray are from Whistler, B.C.

Kelsey Serwa of Kelowna, B.C., was ninth, Danielle Poleschuk of Calgary was 10th and Aleisha Cline of Squamish, B.C., was 12th.

Hayer, of Calgary, finished behind Xavier Kuhn of France in the men's final. It was Kuhn's second career victory. He moved into second place in the standings with 225 points.

THE ASSOCIATED PRESS



CHRISTOPHE PALLOT/AGENCE ZOOM/GETTY IMAGES

Ashleigh McIvor of Canada takes first place during a World Cup skicross event yesterday in Les Contamines, France.

Torch run honours man who led Vancouver bid

The man who helped bring the 2010 Olympics to Vancouver but died just a few months shy of seeing the dream fulfilled was remembered during an emotional torch run yesterday.

Jack Poole, who was the chairman of the board of directors for the Games, was supposed to carry the torch in his hometown of Mortlach, Sask. But Poole died last October from pancreatic cancer and never got the chance to hoist the flame over his head.

Poole's wife, Darlene, carried the torch in his place.

"I'm finding it very hard to hold back tears, I'm so proud of Mortlach and the respect that they've shown for Jack," said Poole.

"He would have loved to have been here and would have been so proud."

Darlene Poole ran through the village, just west of Moose Jaw, and headed toward the Mortlach school where about 500 people were gathered. In front of the school, a sign read: "Jack Poole is here in our hearts."

There were cheers from the crowd as Darlene Poole ran to the front steps of the school and lit an Olympic cauldron. A plaque was also unveiled in honour of her husband.

THE CANADIAN PRESS

CANREIG
CANADIAN REAL ESTATE INVESTMENT GROUP

How to use your RRSPs to Make Money Today via Real Estate!
Featuring Highly Sought Out Mortgage Broker from Eminence Financial Inc.(Lic.#10431)
FEBRUARY 6th, 2010 (9:00am to 5:00pm)
Southway Inn, 2431 Bank St., Ottawa

DO NOT MISS THIS APPLIED SESSION!!!
Learn how to profit passively with your RRSPs via mortgages today

- Benefits of taking control of your RRSPs vs. traditional means of investing
- How to use RRSPs to make HUGE profits securely backed by real estate
- Start a business using Other People Money (OPM) and more!!!

Price $299 CDN only
& bring your partner for only $99 (all prices subject to 5% GST)



ONE DAY EVENT !
Please RSVP By Jan. 29th, 2010

Call 613-686 4724 or Email ottawa@canreig.com

First Nations say pride, not money is true legacy from 2010 Olympics

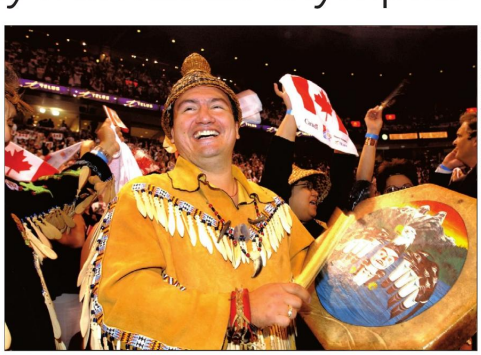
For some, the fact that official aboriginal merchandise for the 2010 Olympics is being made in China is a slap in the face for aboriginal communities.

For others, the fact that it's getting made at all is proof that First Nations are finally getting looked in the eye.

Games organizers use the word legacy to describe the venues that will remain after the Games. Politicians use it when crowing about the economic benefits of hosting the world's biggest sporting event.

But for First Nations, the legacy of the Games is something much more ephemeral than the money they can make from thunderbirds emblazoned on a sweater with the five rings, no matter where they are made.

"The level of participation hands down is going to be the legacy in that it's given us the opportunity to educate the world (about) who we are," said Justin George, the chief of the Tsleil-Waututh, one of the four bands on whose traditional territories the Games are being held.



DON MACKINNON/GETTY IMAGES

Squamish Nation Chief Ian Campbell cheers the announcement that Vancouver won the 2010 Olympic Winter Games bid at Vancouver's GM Place arena on July 2, 2003.

It's been a valuable education for both sides.

Back when Dan Doyle worked with B.C.'s Minister of Transportation, he was involved with a band negotiating over a highway being built through its land. He wouldn't name the band.

"It was very, very, very challenging to deal with and it may well have been my approach, I will admit that readily today," said Doyle, who is now responsible for aboriginal participation for the Olympic organizing committee, known as VANOC.

When that same band was approached for involvement with the Games, the discussions started out on a different foot, Doyle said.

"It started with the word respect," he said.

THE CANADIAN PRESS

McGill earth and planetary sciences department awarded $4 million gift
McGill University has received a $4.1 million donation from alumnus Robert Wares and his company, Osisko Mining Corporation, in support of students and junior faculty members in McGill's Department of Earth and Planetary Sciences. METRO NEWS SERVICES

Workology

Canada's PhD production low

In its report How Canada Performs: A Report Card in Canada, the Conference Board of Canada awarded the country an "A" in education and skills, up from a "B" in 2008. In comparison to 16 other developed nations, Canada came in second to Finland in overall education and skills outcomes. However, Canada ranked last in terms of educating and graduating doctoral students, earning a "D" in this category. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Artist at heart, pricing by trade

Appraiser, of Antiques Roadshow fame, knows the cost of anything

OddJobs
Diane Peters

Metronews.ca/oddjobs

When you love to draw and paint growing up, you can't help but dream of becoming a professional artist.

But halfway through her degree in visual arts at York University, Charlotte McGhee, now 34, decided being a starving artist wasn't for her. She transferred into cultural studies, hoping that would lead to a career.

It did. After graduation and a year teaching English abroad, she came home and found posting for a research assistant at a Toronto company that appraised art and antiques for insurance.

"I just have to get this," McGhee told herself. Her knowledge of art got her hired on the spot.

For seven years, she learned on the job. Senior staff members would go out and look at a piece of china, art, furniture or jewelry, and come back with photographs and notes. McGhee's job would be to compare their information to the materials in the company's extensive library, and write up a report for an insurance company on the object and its estimated value.

As the years passed, McGhee got quicker and more knowledgeable, and soon was doing field work too.

In 2006, the Canadian Antiques Roadshow on CBC needed a fine art expert, and called her in. She worked on the last two seasons of the show.

Around that time, she left her job and started M&G Appraisals (the G is for her husband Wade Gaudette, who helps her out sometimes but mainly works as a chef) out of her home in Orillia.

She does appraisals for insurance purposes, but also to help settle estates when someone has died, and to divide assets in a divorce. Sometimes, people are just curious about the value of their possessions.

Once or twice a week, McGhee attends auctions, mainly to keep herself current on the latest fads and prices. As well, she collects herself and sells a little too, so she'll often buy.

She divides the rest of her time between visiting client's homes to either do on-the-spot appraisals ("I have a huge database in my head, I can give pretty accurate quotes") or to take photographs and notes. Then, at home, she consults her library of books and the various electronic databases she subscribes to find comparable items to aid her in writing a report about the item and its estimated value.

Being around all these antique treasures all the time has its pitfalls. "I have closets stacked with art: I don't know what to do with it all."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Appraiser
Salary: Her rates start at $150 for the first hour for most appraisals
Education/training: Fine arts background, certification through an organization such as the International Society of Appraisers.
Best Part of the Job: "Telling people they have something of value. And just doing something I love."
Worst Part of the Job: "When you have to tell people it's only worth ten bucks. Sometimes, people really need the money."


PHOTO SUBMITTED
Charlotte McGhee is a professional appraiser.


55-09-0082

Voulez-vous travailler comme infirmière ou infirmière auxiliaire au Canada?

La Cité collégiale offre une formation d'appoint en soins infirmiers.

Les cours débutent en janvier 2010.

Pour plus d'information, communiquez dès maintenant avec Marcelle Mitchell
mmitch@lacitec.on.ca
613 742-2483, poste 2116

Consortium national de formation en santé
Volet La Cité collégiale

la cité collégiale
Le Collège des meilleures pratiques


Be a Willis Graduate...
...Don't compete with one!
Business Administration Specializing in Accounting, HR or Marketing
(Ottawa) 613-233-1128 • williscollege.com
Ottawa • Smiths Falls • Toronto • Cobourg • Thunder Bay • Barrie • Sault Ste. Marie
WILLIS COLLEGE
OF BUSINESS, HEALTH AND TECHNOLOGY
EST. 1896

Alberta training grant program struggles to meet demand

Post-secondary schools in Alberta are hoping for another funding boost in the next provincial budget after having to virtually halt applications for government-funded Alberta Works spaces because of overwhelming demand. METRO NEWS SERVICES

SAP Training in Ottawa (BI, HR, BASIS, FICO & ABAP)

- Instructor-led In-Class and Remote Training
- All Instructors are SAP Certified & Industry experienced
- 100% Career oriented professional training
- 24 hours Remote Server Access
- Provide job Assistance

HRDC/EI Approved • FREE Seminar once in every month

ERP Mastering Inc. 123 Landover Cres. Kanata ON K2M 2W2
info@erpmastering.com • www.erpmastering.com • 613-254-8953

Peering into the PR world

RAFAEL BRUSILOW
for Metro Canada

Telling stories the right way and making sure they are heard is what Pat McNamara does best.



RAFAEL BRUSILOW/FOR METRO CANADA

Pat McNamara studied journalism, but like a lot of journalists, switched into public relations.

As founder and CEO of APEX Public Relations Inc., McNamara, 52, is known for being honest and straightforward in an industry often caricatured as being neither of those things. She's also been recognized as one of Canada's Top 100 Women Entrepreneurs and says what keeps her motivated and successful is a focus on trust and lasting relationships.

"The business I'm in is a lot about relationships. I don't think clients ultimately buy on price. Particularly in the service business, people want good relationships — they want to work with people they like," McNamara said.

Born in London, Ont., McNamara studied journalism in Calgary after getting an undergraduate degree from the University of Western Ontario. Like a lot of young journalists, she switched to public relations to get steady work and spent 16 years working for different agencies before deciding to branch out on her own.

When she started APEX in 1998 she was the sole employee in a small office, buying furniture on the same day new clients were walking in the door. McNamara even pretended to be her own receptionist once when a call came in because she didn't want an important client to think she had no secretary.

At the time, a recession was in full swing and the tech bubble hadn't yet burst, yet APEX found the year 2000 to be its best growth year in large part because while other PR firms were crumbling under the weight of economic hardships, McNamara's firm was revving up to take on clients.

Now, years later, McNamara's company numbers more than 30 employees and is a growing force in Canada. McNamara credits a lot of that growth to the increasing importance of good public relations management in a world where information travels faster than ever.

"PR used to be a 'nice to have,' now it's a 'have to have.' Public scrutiny is huge today so it's in the best interest of a company to be as transparent as possible and tell their story," she said.

McNamara used to be the chair of the Canadian Council of PR Firms and when it comes to negative perceptions of the public relations industry, McNamara is adamant that a few bad apples shouldn't be allowed to spoil the batch. She says the industry as a whole strives for ethical behaviour and practices because the public can see through lies and misdirection.

"As an industry we need to be clear that we are encouraging our clients to be transparent. You ultimately need to tell the truth and that's what we encourage our clients to do," she said.

McNamara's best piece of advice for budding entrepreneurs? Don't go it alone.

"I'm a really big proponent of good advisors because it's absolutely impossible to be good at everything."

Success Language School
"Bilingue en peu de temps"
HULL • OTTAWA • ORLEANS

LEARN FRENCH TO GET THOSE GOVERNMENT JOBS

St. Laurent Mall – Six week mini immersion
Next session January 11th, 2010 • Mondays – Tuesdays – Thursdays
Level A (Beginner) 7-9pm • Level B (Intermediate) 5-7pm
SMALL GROUPS • PRIVATE LESSONS

"A public service commission diagnostic test recommended that I would need 840 hours of training to obtain my required profile. My total training hours were 174 and a final profile of CBB. I highly recommend Success Language School and the methodology used for those wishing to attain their linguistic requirements in a timely, effective manner." Drew – Federal Government Employee

www.successlanguageschool.ecolesucces.com • 613.795.5773

COLLEGE DIPLOMAS IN HEALTH CARE!

- Fitness and Health Promotion
- Medical Office Assistant
- Pharmacy Technician - **CCAPP Accredited!**
- Personal Support Worker



CALL NOW! 613-722-7811
www.algonquinacademy.com
1644 Bank Street, behind Canadian Tire

Classes start monthly!

ALGONQUIN CAREERS ACADEMY



BDO www.bdodebthelp.ca

Let BDO help you get on the road to financial stability

- **Avoid** bankruptcy
- **Consolidate** debt into one manageable monthly payment
- **Stop** interest
- **Stop** harassing calls from creditors
- **Protect** your home and car

Financial problems can happen to anyone. We will advise you about all of your options and find the right solution to alleviate your financial stress.

Serving Canadians since 1958

More people choose BDO than any other firm in Canada*
Free Consultation - Convenient, confidential appointments

The Elgar Building
200 Elgin St, Suite 903
613-235-5225
1-800-754-1579

BDO Canada Limited *OSB Statistics

Trustee in Bankruptcy - Credit Counsellors - Proposal Administrators

Appy New Year!
Available on the App Store

Lethbridge College names video contest winners
Lethbridge College announced last month the three winners of its "Zoom in to Win" YouTube contest. The winning video in the Judge's Pick category depicts the typical day of a multimedia production student. A video parodying the TV series Grey's Anatomy won the title of Best Employee Video. METRO NEWS SERVICES

Workology in **brief**

LAURENTIAN PRESIDENT'S VISION FOR THE NEW YEAR: In a recent interview with the Sudbury Star, Laurentian University president Dominic Giroux discussed his vision for the university in 2010 — the year the institution celebrates its 50th anniversary — and beyond. In the interview Giroux brings up the four priorities Laurentian is focusing on: National recognition; being a university of choice while strengthening its regional, bilingual, and tricultural mandate; student engagement; and community responsiveness. One important area of focus will be the new architecture school, which Laurentian's board of governors approved in principle last June. The university needs to raise $44 million for the school, and Giroux hopes to have the money raised by next summer. Laurentian is also looking at reviewing programs that might not be sustainable, and offering more minors.

ONLINE TOOL ALLOWS UWO STUDENTS TO CHECK EFFECTS OF DRINKING: In a University of Western Ontario students are being encouraged to anonymously answer questions about drinking using a new web program that helps students assess the impact of their alcohol consumption. The tool, titled Check Your Drinking University (CYD-U), calculates the annual amount spent on alcohol, the number of alcoholic beverages consumed per year, and extra calories consumed from drinking. It also graphically illustrates a student's consumption patterns. A recent study from the Centre for Addiction and Mental Health shows that online tools such as CYD-U can help change drinking behaviours, and UWO officials hope it will be a good program to promote responsible alcohol use by students.
METRO NEWS SERVICES

RBC Royal Bank®

TORCH RELAY
RELAIS DE LA FLAMME
vancouver 2010

PRESENTING PARTNER
PARTENAIRE PRINCIPAL

This isn't the time to get just any mortgage.
It's time to get the right one.

BEST RATE OFFERS*
RBC Homeline Plan®

5 Year Variable Rate Closed[1]	2.25%
Line of Credit[2]	2.75%

Now is the time to consult an RBC® Mortgage Specialist. RBC advice can help you take advantage of current interest rates, through an RBC Homeline Plan: a flexible mortgage that's part fixed – for peace-of-mind – and part variable – so you can benefit from today's low rates. And we can recommend one of the best priced lines of credit available in the market today. To take advantage of our advice, and our rates, **talk to an RBC Mortgage Specialist today. Visit a branch or rbc.com/mortgageadvice**



CREATE
A FUTURE WITH PEACE OF MIND

Proud Presenting Partner of the Vancouver 2010 Olympic Torch Relay.

TM1

™2009, VANOC. All Rights Reserved. Personal lending products and residential mortgages are offered by Royal Bank of Canada and are subject to standard lending criteria. Some conditions apply. * Rates shown are Royal Bank of Canada's best rates based on current promotions offered to the general public. Offer may be changed, withdrawn or extended at any time without notice. Not available in combination with any other rate discounts, offers or promotions. 1 Interest rate for the variable rate closed mortgage is our prime rate. The interest rate will change as our prime rate changes. APR 2.29%. The Annual Percentage Rate (APR) is based on a $100,000 mortgage for the term indicated and assumes certain cost of borrowing charges (for example, appraisal charges). If there are no cost of borrowing charges, APR and annual interest rate will be the same. 2. Interest rate for the line of credit is based upon Royal Bank of Canada's prime rate, plus 0.5%. Prime rate as of October 19, 2009 is 2.25% and will change as our prime rate changes and without notice. ®Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ™1Trademark of Royal Bank of Canada.

Leno off prime time
NBC confirmed Sunday Jay Leno's nightly prime-time show will end with the beginning of the Winter Olympics on Feb. 12. Gaspin says NBC wants Leno to do an 11:35 p.m. show each night, a return to his old time slot. THE ASSOCIATED PRESS

Entertainment



Buble to wed?
Michael Buble is set to race up the aisle after asking his girlfriend Luisana Lopilato to marry him. The 34-year-old singer reportedly proposed to the Argentine actress/singer, 22, over the holidays. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Bones drops blood and guts

NED EHRBAR
Metro World News

In bringing Alice Sebold's The Lovely Bones to the screen, director and co-writer Peter Jackson knew just as much hinged on casting young Susie Salmon, the murdered teen narrator (Saoirse Ronan) as it did on casting her killer, George Harvey.

To hedge his bets, Jackson turned to veteran stage and screen actor Stanley Tucci.

"We actually had people say they'd never take this role because they couldn't imagine spending months walking in the shoes of this man," Jackson remembers.

Tucci himself had his own reservations, he admits.

"I was very reticent to take the part at first because I have kids, and I can't really read anything or watch anything with kids getting harmed," says Tucci, last seen in Julie & Julia as a loving husband to Meryl Streep's Julia Child. "I don't like things with serial killers. A lot of it's gratuitous or pornographic, almost."

Luckily, Tucci is far from a method actor. "I'll go as far as I have to go in order to make you believe me," Tucci says of becoming a disturbed killer beneath Mr. Harvey's quiet, unassuming surface.

"In the end, it's pretending. So really, if I don't feel anything while I'm making a movie, it doesn't really make any difference. What makes a difference is what you feel watching me. If you believe me, that's all that matters."

The Lovely Bones opens Friday



Peter Jackson on the set of The Lovely Bones.

Jackson, however, tells a different story. "I think Stanley hated inhabiting the skin of this character," the director says. "He tried each night to shower off the reptilian stuff he carried around all day."

Tucci admits that he might've had those problems at first. "But once you once you understand who he is and you find him, for me, then I could drop him at the end of the day," he says.

Both Jackson and Tucci have been surprised at some of the reactions they've gotten over the choice to leave the graphic depiction of Susie's rape and murder — portrayed in detail in the book — out of the movie.

"How much murder and killing do you need to be satisfied?" Jackson asks. "To show a 14-year-old girl being murdered in any way, regardless of how briefly, it would frankly make it a film that I would have no interest in seeing. To do anything that depicted violence toward a young person in a way that was serious, to me, would be repulsive."

Box office

1. **Avatar:** $48.5 million US
2. **Sherlock Holmes:** $16.6 million
3. **Alvin and the Chipmunks: The Squeakquel:** $16.3 million
4. **Daybreakers:** $15 million
5. **It's Complicated:** $11 million
6. **Leap Year:** $9.2 million
7. **The Blind Side:** $7.8 million
8. **Up In The Air:** $7.1 million
9. **Youth In Revolt:** $7 million
10. **The Princess and The Frog:** $4.7 million

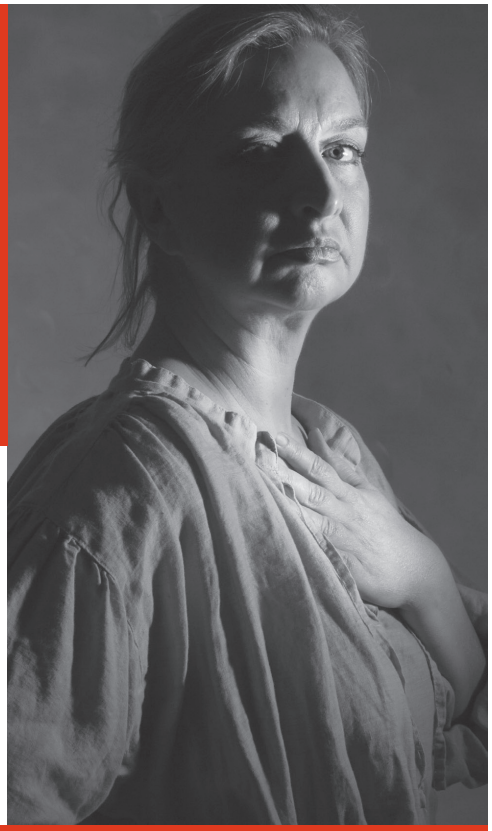
THE ASSOCIATED PRESS

PAY-WHAT-YOU-CAN NIGHT

AN NAC ENGLISH THEATRE COMPANY/MANITOBA THEATRE CENTRE (WINNIPEG) CO-PRODUCTION

MOTHER COURAGE AND HER CHILDREN

BY BERTOLT BRECHT
Starring Tanja Jacobs as Mother Courage



Tuesday, Jan. 12 @ 7:30 p.m.
NAC Theatre
www.nac-cna.ca
40 years 40 ans
NATIONAL ARTS CENTRE
CENTRE NATIONAL DES ARTS

Cole, Gibson to wed
Singer Keyshia Cole is planning a wedding with her NBA star fiancé, Daniel Gibson of the Cleveland Cavaliers. She's pregnant with their first child. PEOPLE.COM

Kids tickled to Death

CHRIS ALEXANDER
for Metro Canada

When it comes to the high concept, cross-dressing, sacred cow killing comedy troupe The Kids in the Hall, "conventional" is a word that simply does not stick.

The celebrated Canadian counter-culture sketch-com heroes rose out of the clubs, eventually aligning themselves with Saturday Night Live producer Lorne Michaels in the 1980s and launching a wild, often controversial television series that lasted six glorious seasons on both CBC and HBO.

Now, after a 15-year absence, the Kids return to the airwaves with the new eight-part CBC miniseries Death Comes to Town, a dark, deliriously absurd show that blends the small town quirk of Corner Gas with the gothic, grand feel of the Final Destination films — all interpreted through the Kids' trademark abstract comedy sensibilities.

"We started writing a lot during our last live tour in 2008," says original member Mark McKinney who has the honour of playing the scythe wielding Grim Reaper. "It really kind of reignited that spark, that serious interest in actually doing TV again."


Mark McKinney plays the Grim Reaper in Death Comes to Town.

Death Comes to Town premieres tomorrow night on CBC Television

Death Comes to Town sees McKinney's disgruntled wraith accidentally ending up in the fictional backwater town of Shuckton, Ont., and inadvertently becoming embroiled in the often sordid lives of the local yokels, almost all of whom are played by the Kids in a variety of disguises.

But unlike any previous screen treatments of the Reaper, McKinney's Death is less grim and more rockstar chic.

"He's on a lousy route," says McKinney of his iconic alter ego. "He literally gets off this Greyhound bus into this crappy little town and has to deal with all this bizarre characters. Originally, I was full on Reaper but it just didn't feel right. So we stripped it back, made him edgier, more outrageous."

"We started writing a lot during our last live tour in 2008. It really kind of reignited that spark, that serious interest in actually doing TV again."
Mark McKinney

Lunacy is The Kids in the Hall stock-in-trade and Death Comes to Town is nothing if not a love letter to their fiercely devoted cult of fans.

"Each member has a totally different personality and set of influences," McKinney admits. "With me it's sociopath movies like Taxi Driver and the comedy of SCTV and Monty Python. But that's what makes our dynamic work, that's why we've endured."

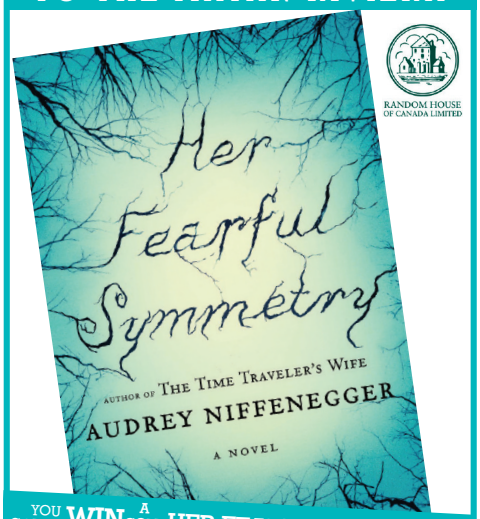
		Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/11/10	primetime	265	353	2	TVO	Time Team (N)		The Agenda With Steve Paikin		Midsomer Murders		The Last Nazis (N)		Agenda-Paikin
		211	331	3	GTV	ET Canada	Entertainment	House "The Down Low"		Lie to Me		Heroes "Close to You"		News Hour
		-	-	5	SRC	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)		Les Boys (SC)	C.A. (N) (SC)	Le Téléjournal Nouvelles. (SC)		La Zone (SC)
		209	342	6	CHRO	Degrassi: TNG	TMZ (N)	Tough Love (N)		Fringe "Unearthed" (N)		Castle (HDTV) (N)		Comedy Now
		196	311	7	CTV	etalk	Access H.	The Mentalist (HDTV) (N)		Two/Half Men	Big Bang	CSI: Miami (HDTV) (N)		CTV News
		208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	18 to Life	Little Mosque	Winnipeg Comedy		CBC News: The National		The Hour
		-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	Chuck (HDTV) (N)		Heroes "Close to You"		The Jay Leno Show (N)		News
		117	713	10	TVA	Les Gags	Bloopers TVA	Yamaska (HDTV) (SC)		Dr. House (SC)		TVA nouvelles	(10:45) Denis Lévesque	
		-	-	11	QS	Wipeout (N) (SC)		CSI: NY (SC)		Le Mentaliste (N) (SC)		Guerre clans	L'Attaque à 5	À comm
		137	763	12	TFO	Panorama		Le Mystère de la baleine		*Ceux qui m'aiment prendront le train* ★★★ (1998, Drame)				Bibliotheca
		-	362	13	CBS	The Insider (N)	Judge Brown	How I Met	Accidentally	Two/Half Men	Big Bang	CSI: Miami (HDTV) (N)		Two/Half Men
		216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
		214	344	15	CITY	Chuck (HDTV) (N)		The Bachelor: On the Wings of Love (HDTV) (N)				The Jay Leno Show (N)		News
		115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
		218	345	18	CHCH	*Harriet the Spy* ★★ (1996, Comedy-Drama), Rosie O'Donnell				*The Handmaid's Tale* ★★ (1990, Science Fiction)				News at 11 (N)
		-	361	20	ABC	Action News	Entertainment	The Bachelor: On the Wings of Love (HDTV) (N)				Castle (HDTV) (N)		News
		512	396	24	CPAC	Ministres	Présid	Heure polit.	L'Heure politique				Tête-à-tête	Podium
		651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
		-	365	36	FOX	TMZ (N)	Seinfeld	House "The Down Low"		Fringe "Unearthed" (N)		FOX 2 News (N)		News
		-	-	64	PBS	Business Rpt.	Wings-Canada	Antiques Roadshow (N)		American Masters (N)		American Masters		Charlie Rose
		205	312	104	CTV	etalk	Access H.	The Mentalist (HDTV) (N)		Two/Half Men	Big Bang	CSI: Miami (HDTV) (N)		CTV News
	news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		World's Oldest Moms (N)		National
		500	500	33	CNN	CNN Tonight (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	sports	406	417	27	net	Hockey	Snowboarding		Skiing	UFC Fight Night (HDTV) (Live)				Sportsnet Con.
		126	730	28	RDI	24 Heures en 60 minutes (SC)		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
		400	280	30	TSN	NBA Basketball Toronto Raptors at Indiana Pacers. (HDTV) (Live)					SportsCentre		That's Hockey!	SportsCentre
		410	403	52	SCR	RaceNight				(9:15) WWE Monday Night RAW				Score Now
		411	457	56	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters		Destin. Truth
		417	406	59	SC	Pass Time	NASCAR Hub	SuperCars	SuperCars	Barrett-Jackson		Barrett-Jackson		Car Crazy
	family	554	544	48	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
		557	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
		551	542	65	YTV	Scorpion	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
		570	580	29	MM	The Daily Fix		Ranked!		All Access		Entourage	Wild 'n Out	mmtop10.ca
	cable variety	615	520	31	A&E	Criminal Minds (HDTV)		Intervention "Gabe V."		Intervention "Jackie" (N)		Hoarders "Linda; Todd"		Paranormal
		628	584	32	SPKE	UFC's Ultimate 100		UFC's Ultimate 100		UFC Fight Night (HDTV) (Live)				Wild World
		521	560	34	TLC	Little People	Little People	Little People	Little People	Cake Boss (N)	Cake Boss	BBQ Pitmasters (HDTV)		Little People
		145	761	35	TV5	Les Carnets du bourlingueur		Des racines et des ailes				Voyageur	Urbania	TV5 Le Journal
		616	521	39	SHO	Relic Hunter		*Seventeen and Missing* (2007, Drama) Deedee Pfeiffer.				Bones		NCIS
		620	523	40	BVO	Chimeras	Pater Noster	Andiamo Three tenors.		Death in Venice Canadian pianist Louis Lortie.			Glee Club	Law & Order
		520	505	42	DIS	Daily Planet (N)		MythBusters		Man vs. Wild "Alaska"		Dirty Jobs (N)		Daily Planet
		575	583	43	CMT	Due South		Amer. Funniest Home Videos		Gilmore Girls		*Days of Thunder* ★★ (1990, Action)		
		601	562	45	SLC	Rich Bride, Poor Bride		Nearly Dead	Newlywed	Tori & Dean: Home		Love Inc.	Love Inc.	ET Canada
		625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Comedy Central's Hot List		Daily Show
		294	529	47	TBS	Family Guy	Family Guy	Law & Order: SVU		House-Payne	House-Payne	*The Legend of Bagger Vance* (2000)		
		600	564	49	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	Marriage	My First Place	House Hunters	House Hunters	Holmes-Homes
		627	528	50	SPC	Stargate Atlantis (DVS)		Lost "The Little Prince"		*Path of Destruction* (2005, Science Fiction), David Keith				Stargate SG-1
		581	566	53	MTV	Over the Bolts	After	Cribs	Parent Control	Teen Mom		Super Sweet	Teen Cribs	MTV Live
		618	524	54	TROP	Re-Vamped		Parking Wars	Parking Wars	Flipping Out		Launch My Line		Prod. Parker
		522	506	55	HIS	Massacre at Verrieres Ridge		Greatest Tank Battles		Lost Worlds		Shockwave		Tank Battles
		129	773	60	CD	Biographies "Michelle Yeoh"		Ça bouge en grand (HDTV)		Dévoré vivant (HDTV)		Les Enquêtes du NCIS (SC)		Ondes de choc
		261	394	61	V	Murder, She Wrote		Husband & I	Wait for God	*Doc Martin and the Legend of the Cloutie* (2003, Comedy)				Poltergeist
		602	567	62	W	Supernanny		Dine With Me	How Clean Is	Love It or List It "Gallagher"		Love It or List It		Confidential
		269	350	70	APTN	Hockey	Shaputuan (N)	Notre Peuple		*Attache ta tuque!* (2003, Drame) Ioulia Volkova.				Shaputuan
		621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
		603	561	95	FN	Ricardo	David Rocco	Restaurant Makeover		Top Chef Masters		Pitchin' In	Glutton	Restaurant

CLUB METRO WEEKLY REWARDS

Courtesy of:
transat HOLIDAYS
tripcentral.ca
the *smarter* way to plan travel

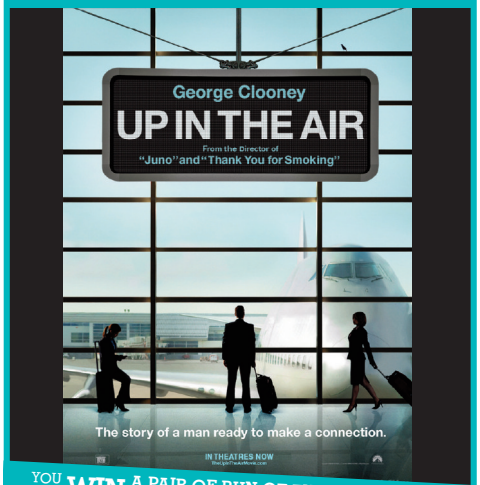


YOU COULD WIN A TRIP FOR 2 TO THE MAYAN RIVIERA



YOU COULD WIN A COPY OF HER FEARFUL SYMMETRY

THE NEW BESTSELLER BY THE AUTHOR OF THE TIME TRAVELER'S WIFE



YOU COULD WIN A PAIR OF RUN OF ENGAGEMENT PASSES TO SEE UP IN THE AIR!

visit clubmetro.ca to redeem your club metro rewards!

To register and for full contest rules and details visit clubmetro.ca

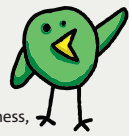


Jon Gosselin's new flame

Kate Gosselin may have a new hairdo, but ex-husband Jon Gosselin has a new girlfriend. Gosselin, 32, is dating Morgan Christie, 25, according to People. The couple met while skiing in Utah, according to the magazine. METRO NEWS SERVICES

Celebrity Buzz

Celebrity tweets



Jon Favreau lives with some tough critics, Heidi Montag finds happiness, Ellen DeGeneres gets around and and Ashton Kutcher finally figures it all out.

• @Jon_Favreau It's a split decision. My 8 year old thought Avatar was better, but my 6 year old went with the Squeakquel.

• @heidimontag just got the best spray tan! I haven't been tan is so long! I wish it would last forever, maybe one day

• @TheEllenShow I'm on the cover of Entertainment Weekly with Simon! Shhh, don't tell Oprah I'm cover-cheating on her.

• @aplusk i just realized Jersey Shore is like Cops before the cops show up.

METRO NEWS SERVICE



Be careful with your compliments

STRANGE ADMIRATION Sharon Stone has a lot of admiration for Meryl Streep — she just has a funny way of showing it.

"She looks like a woman we can all relate to," the Basic Instinct star tells Tatler magazine.

"I look at her and I think, 'I'm chasing my kids, I've moved my parents in with me, I'm coping with food spills — that looks like me in real life.' Meryl looks like an unmade bed, and that's what I look like."

METRO WORLD NEWS



Divorcees unite



THE PAST IS THE PAST Though their marriage was more than rocky, Sean Penn and Madonna have apparently put the past behind them, as the pair were spotted looking chummy at a hotel restaurant in New York recently, according to Page Six.

"Penn stopped by the table to say hi," a rep for Madonna confirms. The two were "laughing and chatting," according to a source. "They seemed to be getting on so well, we had to look twice to make sure it really was Sean Penn she was with."

METRO WORLD NEWS

Brit's beau spotted with not one, but two babes!



HE'S GOT SOME EXPLAINING TO DO A night on the town nearly spelled the end for Britney Spears and boyfriend Jason Trawick, according to the Daily Mirror.

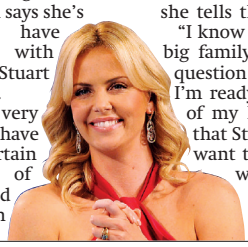
Trawick was reportedly spotted recently at a Los Angeles bar with a pair of attractive women.

"When she heard he'd been caught cozying up two girls in The Roger Room, it was the last straw," a source tells the newspaper. "Jason's really not like this and quickly tried to calm Britney down and rectify the situation. He explained the girls were just friends and there was nothing in it but they still had a massive row."

All seems to be well, however, as the pair met up this weekend at the Chateau Marmont and left together.

METRO WORLD NEWS

It's baby time: Theron



READY FOR NEXT STEP After nine years together, Charlize Theron says she's ready to have children with boyfriend Stuart Townsend.

"I feel very blessed to have had a certain amount of success and now I'm reaching the point where I would love to be a mom," she tells the Daily Mirror.

"I know I want to raise a big family and it's just a question of time. I know I'm ready for that phase of my life and I know that Stuart is the man I want to take that step with."

METRO WORLD NEWS

On the market...



FRIENDLY SPLIT After a few months happily dating electrician Jamie Padgett, Pamela Anderson is reportedly on the market again, according to Radar Online.

"Pam made it pretty clear she is no longer dating Jamie and that she was looking for a new love interest," a source says. "She didn't have anything bad to say about him and described him as a 'sweet guy' and that she hoped they would remain friends."

Anderson and Padgett began dating after the actress moved into a trailer while her house was being renovated.

METRO WORLD NEWS

Perry paves a path of tweeting clues



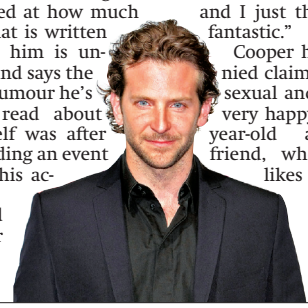
IS BABY BRAND ON THE WAY? Katy Perry has got people.com curious about whether she is, or isn't, pregnant. People.com admits it may be reading between the Tweets, or the 25-year-old singer is sprinkling clues she's having a baby with new fiancé Russell Brand.

It started with her Jan. 1 message: "Let me tell you 2010 is BUMPIN!" Then on Friday, Perry wrote, "Hey @rustyrockets" — Brand's Twitter name — "i heard ur prego-ed." She adds, "I WANT IN AND OUT," a Southern California hamburger chain, before telling Brand, "I love you … (awwwww barf!)."

The website says it is all very cryptic, but adds it was only a few days ago that Perry made oblique song lyric references on Twitter — before Brand came out and confirmed they were engaged on New Year's Eve.

METRO NEWS SERVICES

Guess my orientation



BEST RUMOUR EVER Bradley Cooper thinks it was "fantastic" people thought he was gay, femalefirst.co.uk reports.

The actor — who is dating Renee Zellweger — is amazed at how much of what is written about him is untrue and says the best rumour he's ever read about himself was after attending an event with his actor friend Victor Garber and it was reported they were dating.

He said: "People thought we were dating. It was all over the Internet. It was the first time I read a rumour like that about me, and I just thought it was fantastic."

Cooper has always denied claims he is homosexual and insists he is very happy with his 40-year-old actress girlfriend, who he "really likes very much."

METRO WORLD NEWS

'We really, really love each other'

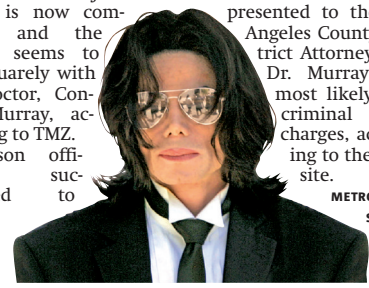


TWICE CONFIRMED Here's one way to battle divorce rumours: One year after they tied the knot, Josh Duhammel and Fergie reportedly renewed their vows in a private ceremony in Santa Barbara, Calif., according to Radar Online.

"They were both dressed nicely and walked right out to the bluff outside the hotel where weddings often take place," a source says. A minister was waiting for them. Fergie was crying and seemed very emotional."

METRO WORLD NEWS

Blame it on the doc



CHARGES LIKELY The investigation in Michael Jackson's death is now complete, and the blame seems to fall squarely with his doctor, Conrad Murray, according to TMZ.

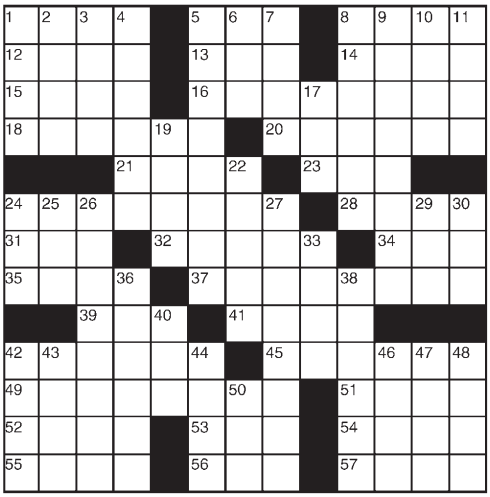
Jackson officially succumbed to acute Propofol intoxication. The case will now be formally presented to the Los Angeles County District Attorney, and Dr. Murray will most likely face criminal charges, according to the website.

METRO NEWS SERVICE

The Weather Network
©The Weather Network 2010
Today 40% Flurries -5° / -15°
Tuesday Partly cloudy -9° / -16°
Wednesday 40% Flurries -9° / -11°
You have voted us #1 for best forecasts on TV. Thank you Canada!

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



1 With (Fr.)
5 Recipe meas.
8 Sleeping
12 Prima donna
13 Regret
14 Give a darn
15 Tel —
16 American dessert
18 Pepperdine University site
20 Type of bird dog
21 Intentions
23 Square root of IX
24 Draw near
28 Despot
31 Meadow
32 Porch
34 Compass pt.
35 Get your second wind
37 Book supplement
39 — Beta Kappa
41 Architect Saarinen
42 Scottish landowners
45 Many Christmas decorations
49 Highly pertinent
51 Hawaiian island
52 Acute
53 Fleur-de- —
54 Of the ear
55 Being (Lat.)
56 Chances, for short
57 Dilbert's workplace

DOWN

1 Leading man?
2 "— Las Vegas"
3 Satan's specialty
4 Fancy fish eggs
5 Disordered mental states
6 Dine
7 Energizes, with "up"
8 Vinegary
9 Christened
10 One of a Great quintet
11 Antelope's playmate
17 Garland from
19 Life stories, for short
22 Range
24 Matterhorn, for one
25 "The Princess and the —"
26 Primitive wind instruments
27 Despairing
29 Blackbird
30 Tyrannosaurus —
33 Actress Gilpin
36 Royal perch
38 Worthless
40 Egos' counterparts
42 10-Down, e.g.
43 Tarzan's cronies
44 Missile shelter
46 Loathe
47 Not that
48 Leeches do it
50 Gratuity

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	9		3		8	1		
	8			2	4			
		7					5	
		6			1			3
4								9
5			2			4		
	6					7		
			7	5			8	
		1	8		6		3	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	9	2	4	7	3	5	6	8
6	3	7	8	1	5	4	9	2
8	4	5	2	6	9	3	7	1
2	6	9	3	5	7	1	8	4
4	5	1	9	8	2	6	3	7
3	7	8	1	4	6	2	5	9
9	8	6	5	2	4	7	1	3
5	1	4	7	3	8	9	2	6
7	2	3	6	9	1	8	4	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Tasty Tuna Fishcakes

INGREDIENTS:

1 lb (500 g) potatoes, peeled and cut into chunks
2 tbsp (25 mL) butter
1 tbsp (15 mL) creamed horseradish
2 tbsp (25 mL) chopped fresh parsley
3 scallions, chopped
3/4 cup (175 mL) canned corn, drained
6 oz (170 g) can tuna chunks, drained
2 tbsp (25 mL) flour
2 tbsp (25 mL) canola oil

METHOD:

To serve
Tartar sauce and lemon wedges

1. Cook potatoes in pot of boiling water 15-20 minutes. Drain, then return to pot with butter and mash until very smooth.

2. Add horseradish, parsley, scallions and corn to hot mashed potato and stir; add tuna and season to taste. Let cool slightly.

3. Shape mixture into eight thick flat cakes, each measuring 2 3/4 in. (7 cm) in diameter. Dust on both sides with flour.
4. Heat oil in large frying pan. Add fish cakes and cook over medium heat 3-4 minutes per side or until well browned, turning with slotted spatula. Serve hot with tartar sauce and lemon wedges.

SERVES 4

rd.ca



For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You should not be waiting for others to tell you what to do, you should be out there doing it for yourself. What are you waiting for?

TAURUS ♉
APRIL 21-MAY 21
You may be reserved by nature but that does not mean you don't want to get ahead in the world. You are determined to reach the top.

GEMINI ♊
MAY 22-JUNE 21
You can do no wrong at the moment. Both in your personal life and at work you are the center of attention, and rightly so.

CANCER ♋
JUNE 22-JULY 22
Do opposites really attract? Yes they do and someone who is as different from you as it is possible to get will catch your eye.

LEO ♌
JULY 23-AUG 23
Everyone has daydreams but you seem to be enjoying more than your fair share at the moment.

VIRGO ♍
AUG 24-SEPT 22
You will be on the best of terms with everyone today, but one particular individual will get the full Virgo treatment: you'll make them feel like a star.

LIBRA ♎
SEPT 23-OCT 23
It's a good thing you know how to juggle several things at once because your commitments are beginning to get out of hand.

SCORPIO ♏
OCT 24-NOV 22
You would be the first to admit that you have made a few enemies and one of them will cause you some trouble today.

SAGITTARIUS ♐
NOV 23-DEC 21
Try not to be too annoyed if someone you live or work with lets you down today. It may turn out to be a blessing in disguise.

CAPRICORN ♑
DEC 22-JAN 20
Be careful what you say over the next 24 hours because your words may sound harsher than you intended.

AQUARIUS ♒
JAN 21-FEB 18
You may not be much looking forward to the week ahead but it will be a lot more fun than you imagine, so start looking around for reasons to be happy.

PISCES ♓
FEB 19-MARCH 20
The planets indicate that friends and colleagues will help you out in any way they can – all you have to do is ask.

FLIGHT CENTRE Unbeatable
Varadero
7 Nights 4-Star All-inclusive
$535
Mercure Playa de Oro
+ taxes & fees $205
Departs Jan 15/swg/wg.
1 866 720 4853 | flightcentre.ca
Conditions apply. Ex: Ottawa. Package price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. swg/wg=sunwing. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384
TICO

This day in history

1569: First recorded lottery in England.
1787: William Herschel discovers Titania and Oberon, two moons of Uranus.
1879: Milk is first delivered in bottles.
1908: Grand Canyon National Monument is created.
1922: First use of insulin to treat diabetes in a human patient.
1935: Amelia Earhart is the first woman to fly solo from Hawaii to California.
1994: The Irish Government announces the end of a 15-year broadcasting ban on the IRA and its political arm Sinn Féin.

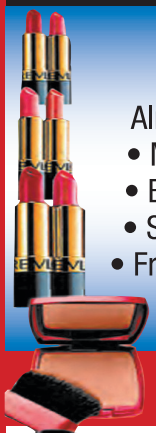
METRO NEWS SERVICES

Appy New Year!
Metro
Available on the App Store


FOR MORE INFO GO TO WWW.SALEEVENT.CA

REVLON & Johnson & Johnson INC.

WAREHOUSE SALE



Cosmetics

Including:

Almay • Colorstay • Moisturestay • Nail • Mascara • Superlustrous • Moondrops • Blush • Powder • Foundation • Pencils • Skin Lights • Treatments • Implements • Frost-N-Glow • Custom Effects By Revlon • Outrageous Shampoo and more...

Clean & Clear · BENYLIN · REACH · RoC · Johnson' Baby · modèle

BAND-AID · NIVEA · Motrin · Lubriderm · Goody · REACTINE

Neutrogena · Jergens · Aveeno · Visine · Baby Penaten · BENGAY

Stayfree · LISTERINE · TROJAN · TYLENOL · Playtex · ALMAY · And More!



Unbelievable selection of fine beauty aids...
Don't miss this incredible sale!

All Products up to 75% off

Products may not be exactly as illustrated



FOR MORE INFO GO TO WWW.SALEEVENT.CA

FOR MORE INFO GO TO WWW.SALEEVENT.CA

Dickies®

FINAL CLEARANCE



MEDICAL SCRUBS

$6.99 ea

Or 2 For $12

KIDS CLOTHING MANUFACTURERS BANKRUPTCY SALE

All Fleece items $6.99 each or 3 for $15

Polo Shirts $4.99 each or 3 for $12

kushies baby bébé

sizes Preemie to 24m

THE FINAL KUSHIES SALE IN OTTAWA

SAVE UP TO 84%

All Kushies items $4.97 AND $9.97

The R.W. Kids SUPERSALE

WAREHOUSE SALE



RCA Amplified Indoor UHF/VHF/FM Antenna
$12.99
compare at $34.99



Wolfgang Puck Digital Bread Maker refurbished
$59.99
compare at $149.99



Phillips HDMI 1.3 Cable, 12 feet
$12.99
compare at $34.99



Airworks Convection Heater, 1500 Watts
$34.99
compare at $79.99



Oreck Air Purifier, Newest Model, 6 stage purification, 1 year warranty
$199.99
compare at $399.99



PSP Recharger- get extra hours of playing time!
$4.99
compare at $39.99



The world famous Ronco 4000 Showtime Rotisserie
$59.99 Available in black & white. Other models also available.
compare at $189.99



Fashion Tri Pod, Extends from 10" to 40"
$12.99
compare at $24.99



Wolfgang Puck 10 cup rice cooker
Perfect for vegetables too!
$59.99 refurbished
compare at $189.99

6 DAYS ONLY

VISA · Interac · MasterCard · CASH

WHERE: NEPEAN SPORTSPLEX
HALLS A & B
1701 WOODROFFE AVE

HOURS: Tue. – Fri. 10am - 8pm
Saturday 10am - 6pm
Sunday 11am - 5pm

WHEN:
Tue. Jan 12th to Sun. Jan 17th

FREE PARKING!
FREE ADMISSION!

